

Fernando Guerrero brings Salisbury pride

SPORTS, Page 9



All 'Rhodes' lead to Salisbury

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THE FLYER

Salisbury University's Student Voice

Vol. 38, Issue 16

February 22, 2011



Justin Odenthal photo

Dr. Brian Polkinghorn, executive director of the Center for Conflict Resolution, shows the Rev. Mpho Tutu her honorary citation during Tutu's visit to Salisbury Feb. 15.

World-renowned peace advocate visits SU

By William Merlo

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On Feb. 15, Salisbury University recognized the Rev. Mpho Tutu, daughter of the 1984 Nobel Peace Prize Laureate Archbishop Emeritus Desmond Tutu. President Dr. Janet Dudley-Eshbach presented Tutu with an honorary citation.

"Salisbury University recogn-

nizes your ministry, leadership and courage and determination to make a meaningful difference in the lives of countless people around the world," Dudley-Eshbach said. "For this, Salisbury University extends its heartfelt appreciation. As a great South African once said of you: Uziphatho kakuhle (Behave well), Umhle (You are beautiful), Wenza izintle (You do great things)."

Dr. Brian Polkinghorn, executive director of the Center for Conflict Resolution, has a close relationship with Tutu. "Mpho and I are personal friends and have been working together for a few years," Polkinghorn said. "I asked her dad to film a surprise congratulatory message."

Mpho Tutu said she has a strong connection to her family, and growing up in the Tutu family was "normal."

"For us, the way we grew up was 'the way,' and I think that each family has its own rhythms," Tutu said. "The rhythm of our household was marked by a Christian foundation and my father's role."

Tutu was born in London and formally educated in England, South Africa, Lesotho, Swaziland and the United States. Her education culmi-

See TUTU Pg. 2

Tim Kennard River Run raises pulse rate and money for charities

By Mary Capper

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The grief brought about by a runner's death due to cancer has led to hundreds of thousands of dollars being donated to his main passions besides running: children and animals.

Timothy Kennard died when he was 48 years old from renal cancer. In honor of Kennard's death, two of his running friends, Linda Mills and Harlan Eagle, began the Tim Kennard River Run in 2004.

The race this year takes place on March 6, starting by the Maggs Physical Activities Center with the opening ceremonies starting at 8 a.m. and open registration online beforehand.

There are three different races for

participants to choose from: a 10 mile race, a 5K race and a non-competitive 5K walk that allows pets to join the walkers. Originally, there was only one five-mile race, but four years ago the race split up into different categories to get even more people involved.

According to Harlan Eagle, the co-race director, the race is always a successful one but takes a lot of planning.

"We are able to give \$10,000 to \$15,000 a year to the charities and the groups that help run the race," Eagle said. "(Mills and I) begin planning around August."

The main charities that the Tim Kennard River Run donates to are Coastal Hospice, the Salisbury Horizons Student Enrichment Program and a local charity for animals.

Mills, co-race director, said that the

charities were specifically chosen for the race because Kennard requested that the money be donated to his two passions.

"(Kennard had) a serious love for animals, and he wanted a program for grieving children because he saw what his son that was only four was going through while he was battling his cancer," Mills said.

The Coastal Hospice program was able to begin because of Tim Kennard River Run's donations and it is now successfully helping local children deal with losing a loved one.

While the mission of the race has stayed the same, the route changed a little this year.

"The course has changed, and now

See RUN Pg. 2



File photo by Michael Piorunski

Runners take off from the starting line at the 2010 Tim Kennard River Run on March 7, 2010. This year's race is March 6, 2011.

Coverage from student health insurance companies running high like a fever

By Elaina Iosue

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The Department of Health and Human Services proposed a new regulation on Feb. 9 extending health insurance protections under the Affordable Care Act to college students. The new rules will now

guarantee students more security and benefits through the health care programs provided by colleges and universities.

"Thanks to the Affordable Care Act, college students will have more control over their health care," said Kathleen Sebelius, Secretary of Health and Human Services, in a HHS news release. "This rule would ensure that these plans remain a viable, affordable option for students while guaranteeing that they are regulated consistently and offer transparent benefits to students."

There are about 3 million students that have insurance plans through their colleges and universities, according to the U.S. Department of Health and Human Services website.

Under the new proposed rules, major protections provided include no lifetime limits on coverage, no unreasonable retraction of coverage and students under age 19 with pre-existing conditions cannot be denied coverage.

"The health care reform will be a good thing for a lot of students,"

said Jennifer Berkman, director of Student Health Services at Salisbury University.

She added that students will no longer be lured into a false sense of security by purchasing inexpensive health insurance that does not have the appropriate coverage for a major health problem.

"I think it is important to have health insurance as a precaution especially when sickness is so rampant in college," said sophomore Emily Rappaport.

"Our job is to educate people to be involved with legislators to make them aware of the college students' dilemma," Berkman said.

Currently, Berkman said, there are some insurance companies that will only pay \$5,000 per illness or injury.

With these new rules, for policy years starting prior to Sept. 23, 2012, the student insurance companies must pay at least \$100,000 toward a student's injuries or illnesses if the cost exceeds that amount over the course of a policy year.

After Sept. 23, 2012, student health insurance plans and the plans for all other citizens will abide by the same guidelines in regards to annual dollar limits.

According to the Government Accountability Office, 20 percent of college students do not have insurance because they cannot afford it or they lack family coverage.

Some students do not find it necessary to purchase health insurance because it is not a priority to them to add an additional expense.

At SU, about 70 percent of students have some type of health insurance, Berkman said.

She said SU does not provide one health care option but tries to work with students and families to choose the health care plan that works for them.

"I think it is important to have health insurance as a precaution especially when sickness is so rampant in college," said sophomore Emily Rappaport.

Without health insurance coverage, hospital bills can quickly add up to a costly sum. The Affordable Care Act will help keep student health insurance affordable and reliable when a student's health is at risk.

"Our students are being impacted in the same way the whole rest of the country is being impacted," Berkman said.

"Sell yourself" to potential employers, Horner says

More than 60 organizations visit campus for job fair Feb. 23

By Christopher MacDonald

Staff Writer

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The General Job/Internship Fair is here yet again, and potential employers are eager to meet enthusiastic students.

On Wednesday, Feb. 23 from noon to 4 p.m., the Guerrini University Center's Nanticoke and Wicomico Rooms will be filled with 63 organizations seeking potential employees. It will comprise employers from different lines of work, unlike job fairs that cater to certain majors.

Salisbury University's Career Services has been planning for the event for weeks with workshops to get students in shape for the job market.

"Students should come to Career Services at least once to utilize our services," said Gloria Horner, a career consultant. "Students will need a professional résumé for the job fair, and we can help them."

The career options vary greatly, including an abundance of federal job opportunities. Most positions are for the Maryland, Virginia and Washington, D.C. area, but a number of For-

tune 500 companies with opportunities around the country will be present as well. Students can expect to find a position that fits them best with the abundance of employers the event will provide.

"Students need to do their research," Horner said. "Sell yourself and explain why you fit them and not why they fit you."

Career Services staff advise that students should single out a few organizations that they are interested in and conduct research about what they do.

"Prioritize what organizations you would like to talk to," said Dr. Rebecca Emery, director of Career Services. "It is impossible to see every organization."

Especially for students graduating in May, attending the event for a networking opportunity is a "no-brainer," Emery said.

There also is a sense of urgency for seniors who will soon be facing the current job market, like Jameson Smith.

"I'm definitely going to the job

See JOBS Pg. 2

"The health care reform will be a good thing for a lot of students,"

Briefly Stated

Tutu
Continued from Pg. 1

from goodness and not from evil or hatred.

"Reverend Tutu can relate first-hand some of the lessons she learned about the power of the human spirit and the ability to forgive," Dudley-Eshbach said. "Her message is inspiring and brings a sense of dignity and hope to those in otherwise desperate situations."

Tutu recently published a book titled "Made for Goodness: And Why This Makes All the Difference," in which she depicts how mankind is made to need to fix that... maybe there is something to learn here, a gift for us in this place."

Known also for her work directing the Desmond Tutu Southern African University. The executive committee of the University comprises Guerra Freitas, Dr. Henry Louis Gates Jr., United Nations Undersecretary General Ibrahim Gambari, Vice Chancellor Rukundo Munya of South Africa and Polkinghorn.

Tutu is among some of the world's most recognized peace advocates in the world. She said she strongly believes that human beings are made

Thursday, Feb. 24
Children's Lit Author/
Illustrator Lectures

Award-winning children's author and illustrator Bryan Collier returns to SU to discuss and sign his works from 4:30 to 6 p.m. in TETC 226. Collier, a native of Pocomoke City, is a nationally-celebrated artist and illustrator, and he has received both the Caldecott Honor and the Coretta Scott King Award. His most recent picture book is "Dave the Potter: Artist, Poet, Slave," with Luban Carrick Hill. As a teenager, Collier began to develop a unique style of painting that incorporated both watercolors and collage. He originally spoke at SU as part of the University's African-American History Month celebration in 2009. Sponsored by the School, his talk is free and the public is invited.

Friday, Feb. 25
China Orchestra Bus Trip

SU hosts a bus trip to see the China Traditional Orchestra Anhui at Baltimore's Meyerhoff Symphony Hall on. The bus leaves the Guelph University Center parking lot at 5 p.m. The concert begins at 8 p.m. and is expected to last approximately two hours. Departure from Baltimore will immediately follow the performance. Sponsored by the Office of Cultural Affairs, cost of the trip is \$10. Only 40 seats are available. Tickets may be purchased at the Information Desk of the Guelph University Center. For more information, call 410-543-0271 or e-mail jekell-salgado@salisbury.edu.

Jobs

Continued from Pg. 1

some experience of what it is like to interview for a career.

Space is limited at the job fair, and an eRecruiting registration process is required at <http://salisburyexperience.com/er/security/login.jsp>. Career Services suggests students dress appropriately in professional attire and bring a résumé.

If you go

General Job/ Internship Fair
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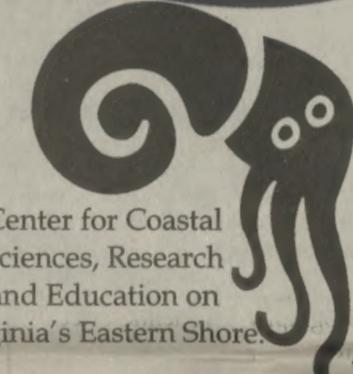
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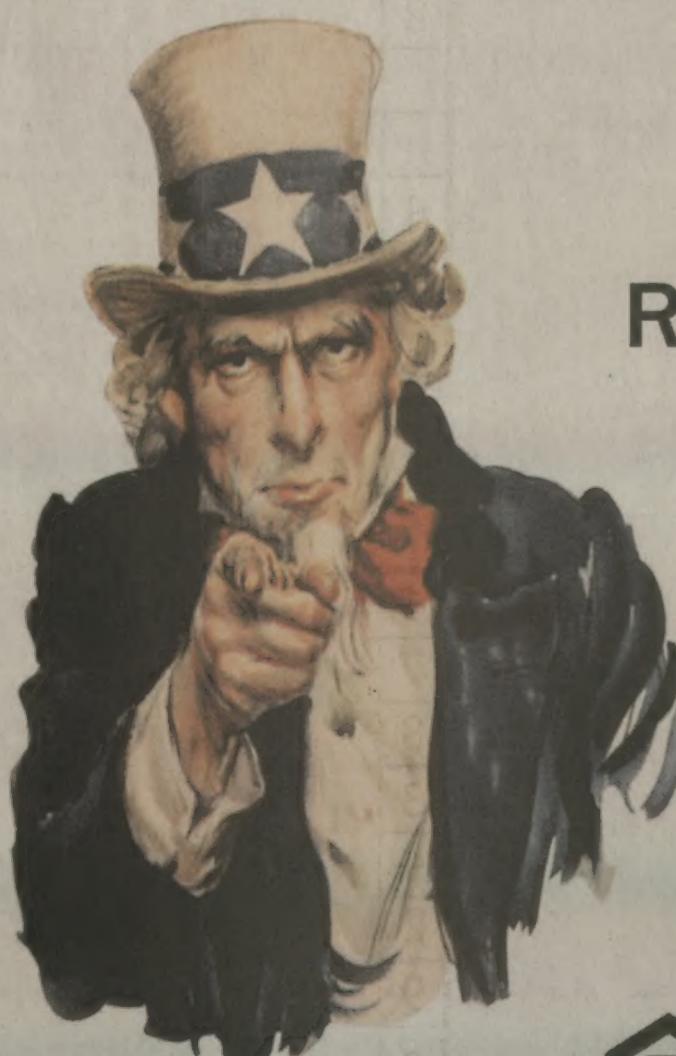
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Crime Beat

2/10/11 - 2/11/11

4 a.m.-7:30 a.m.

Disturbance

A student reportedly discharged a fire extinguisher as a prank in Chopin Hall, causing the fire alarm to activate, and the building evacuated.

The student was identified and criminal charges are pending

2/10/11

5-6 p.m.

Theft

A complainant reported his personal property was stolen from an unsecured locker in Maggs Gym.

2/11/11

12:30 p.m. - 12:45 p.m.

Assault

A complainant reported he was assaulted by an acquaintance outside of Maggs Gym.

2/13/11

2:30 a.m. - 3:30 p.m.

Malicious Destruction of Property

Complainant reported the Severn Hall sign was maliciously damaged.

2/14/11

12:30 p.m.

Theft

Complainant reported a theft from the bookstore. The student was identified and arrested.

EDITORIAL

February 22, 2011

Overheard: Which film will win Best Picture at the Oscars on Sunday?

Photos and article by Justin Odenthal



The Flyer

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New legislation aims to better inform women

By Amanda Biederman
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Last week, the Texas State Senate approved new legislation that would require abortion clinics to give their patients more information before the procedure. I personally believe this legislation is long overdue, but I'm just one strong pro-life advocate.

According to dallasnews.com, doctors would be required to provide a full verbal description of the fetus' physical condition. They would also have to perform and present a sonogram, as well as a recording of the fetal heartbeat. The patient has the option of refusing to see the image or hear the heartbeat.

To me, this legislation would help to better present women with the reality of what they are doing. Pro-life or not, I think few people would deny that abortion is a difficult choice for anyone to make; it is not a decision that should ever be taken lightly.

There has been controversy in recent years about the quality of information that abortion clinics provide to their patients. I have even heard suggestions that some clinics actually encourage women to get abortions because it brings in more money. I honestly don't know if this is true

or not, and I don't have any authority to say whether clinics encourage women to opt for abortion. I've never been to an abortion clinic.

However, this bill made me remember the story of Abby Johnson. Johnson, incidentally from Texas, worked for eight years as a director at a Planned Parenthood center. In September 2009, Johnson was asked to assist a physician during a sonogram-guided abortion procedure. She had never directly participated in an abortion before. The fetus was 13 weeks old.

In an interview with Fox News, Johnson explained her reaction to the experience.

"What I saw during the abortion procedure was shocking because I saw that baby begin to move and then all of the sudden, he hate it too. I'm trying to combat that problem. The world of music is vast and amazing. There are so many different types of music out there, and all of them have their merits. No one should ever forsake listening to something that could make them happy just because of someone else's opinion.

One of the main reasons people dislike certain music is because they think it makes them "cool." If someone you perceive as cool tells you that they hate a type of music, then you might try to emulate them. Then, when someone else asks you about a

Just listen

Agree to disagree with friends when it comes to music

By Pete Hicks
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Has anyone ever told you that they just hate a certain band? How about that they can't stand a genre of music? People everywhere have prejudices against music. Not many people understand where those biases come from or why they feel that way, though.

All it takes is one person telling you a type of music is bad and then all of the sudden, you hate it too. I'm trying to combat that problem. The world of music is vast and amazing. There are so many different types of music out there, and all of them have their merits. No one should ever forsake listening to something that could make them happy just because of someone else's opinion.

I want to encourage everyone who reads this to explore the wide world of music that lies before us. Go find a song that you once hated just because your friends did, and just listen. Go find a band that you never "liked" because you believed they weren't the kind of person that liked that style of music, and just listen. Experience everything you can. Never let someone else's ideas stop you from finding something you could love.

~SUDOKU~

THIS WEEK'S PUZZLE:

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African-American History Month is not over yet



By Aja Allen
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Being an African-American, I can remember being engrossed with proud cultural facts—especially during February. The simple realization that there's nothing to be ashamed of in regards to a rich history drove me to learn and understand the past.

As the years have pushed forward, recognition of African-American history has dwindled. Salisbury University students and organizations show little acknowledgement or fervor toward gaining info about African-Americans in particular. This includes African-American students as well.

The racial tension of the 21st century has been overwhelming, with events like 9-11, the Jena 6 civil rights movement and Don Imus' comments. But to think African-American successes have not grown is completely misleading.

Individuals normally recognized—including Maya Angelou, Berry Gordy, Mary McLeod Bethune and Shirley Chisholm—are great contributors to American business, the arts, activism and politics.

Modern-day African-Americans

The domino effect: Turning point in the Arab world



By Mike Gibb
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who have been successful include 2008 Olympic swimming gold medalist Cullen Jones, 2004 Olympic running gold medalist Monique Henderson, architect Curtis J. Moody, actor and author Hill Harper and singer Beyoncé Knowles.

In a list of such prestige, President Barack and First Lady Michelle Obama cannot be forgotten. Greatness has been laid out for African-Americans indeed. So, the lack of acknowledgement of black history has no acceptable excuse.

Arabia is rich in numerous heritages, all significant to what the US is meant to be. The Founding Fathers of the U.S. and thousands of ancestors who have emigrated from nations such as Ireland, England, Russia, Germany and so on are greatly appreciated in American history.

Even in Saudi Arabia, the world's most powerful absolute monarchy, attempts are being made to form political parties and push for a change towards a constitutional monarchy. Neo-conservatives and Zionists alike must make a painful realization; the Arab world is ready for democracy.

In Egypt, the military pledged a return of civilian government changes in the Cabinet, constitutional reform and elections in 6 months. That still leaves quiet a few unanswered details.

With a 10-day timetable for the constitutional revision, this ensures a quick transition away from the Mubarak regime. Yet, this leaves little time for the public's input and removes only key parts rather than rewriting from the beginning.

So, as countries like Libya, Algeria, Yemen and Bahrain scream for change, pay attention closely, for the West has a lot to be on the lookout. On a lighter note, we can point and laugh at Omar Suleiman, who waited 25 years to become president of Egypt and only lasted as vice president for 14 days.

Violence, a familiar foe, comes knocking on Arab nations' doors



By Amina Aden
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The 21st century is witnessing a revolution that extends far beyond just Tunisia or Egypt. Inspired by the half-successes of those two initial countries, protests and riots have become more frequent in countries such as Yemen, Bahrain, Libya, Algeria and Yemen.

We've seen the images on TV, and we've heard the cries. But what happens after all of that? New laws and systems need to be implemented and two key words amidst chaos are time and patience.

Bahrain's protesting took a frightening twist as police surprised protesters during their sleep on February 17, 2011 with tear gas and clubs, killing three.

It may be unlikely, but if the situation in Bahrain spills over to Saudi Arabia, things can go downhill. Saudi Arabia's oil reserves and location in the vicinity of Iran make them a vital ally. The Obama administration has to be very delicate in responding to the protests because America cannot afford a regime change.

So, as countries like Libya, Algeria, Yemen and Bahrain scream for change, pay attention closely, for the West has a lot to be on the lookout. On a lighter note, we can point and laugh at Omar Suleiman, who waited 25 years to become president of Egypt and only lasted as vice president for 14 days.

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Volume 38, Issue 16

GULL LIFE

February 22, 2011



Young awarded for poetry

By Erin Traylor
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Eighty-four percent of Marylanders are active in creating art, either professionally or in their spare time, according to the Maryland Department of Business and Economic Development.

Among this percentage is Salisbury University's instructor of creative writing and poetry, Ivan Young, who recently won a Maryland State Arts Council Individual Artist Award for Poetry.

Young was awarded \$3,000, part of which will pay for his entrance into other contests that provide an opportunity to publish his manuscripts.

He has already published his first book, "A Shape in the Waves," and he is now trying to publish two others.

"I'm finishing up a third manuscript now," he said.

Young has been writing poetry since he was seven years old, "if you include silly stuff," he said.

It wasn't until he became a graduate student in the M.F.A. program at the University of South Carolina that he "got serious about it."

Young's first mentor was poet and novelist James Dickey, who told Young to let poetry be the center of everything.

"That really hit home," Young said. "I think what he meant by that was - poets and writers generally, are students of life. They notice intimately the details of life, and they catalog those details."

Young explained further, saying that a poet cannot passively "just decide" to write a poem.

"A poet has to study everything, particularly his craft," he said. "You have to read poetry. You have to think about it and analyze it."

To students hoping to understand or write poetry, Young suggests reading some.

"It's amazing to me how I can walk into a creative writing classroom full of students who say 'I want to be a writer,' and I'll say, 'Who's your favorite poet?' or 'Who's your favorite fiction writer?' and how many of them will just shrug."

Young explained that writers learn in some respects by imitation. Additionally, every writer aims to create something new.



Patrick Hackley photo

Ivan Young

"How can you create something new if you don't know what has come before?"

His second suggestion is to write just for the sake of writing.

"Not everything we're going to write is going to be published or even publishable," he said. "But just like any other endeavor, whether it's a sport or music or whatever, more we do it the better we get at it."

In the classroom, Young encourages his students to practice these tenets.

Senior Matthew Ellis, a student in Young's Creative Writing course this semester, said students in the class write every day.

"Every couple of weeks we get together and have a little workshop where... we critique certain stories," he said. "It helps me read into things a little deeper."

Junior Ashley Brown described her experience as a student last semester in Young's class, Understanding Poetry.

"We'd probably read four or five poems at once, and every time we read something we'd get quizzed on it," she said.

Although Brown said the workload was challenging, she said the course helped her to understand poems based on the historical context in which they were written.

"He helped as far as reading that you can't always take the poem at face value," she said.

Dr. Ronald Dotterer, professor of English at SU, believes that poetry, along with other forms of art like painting and playing music, can help the artist discover who they are and why they are here. Dotterer explained that poetry gives voice to feelings, and other important aspects of being human.

"Without the voice we die mute," he said.

All 'Rhodes' lead to Salisbury

"Images of America: Salisburys" provides vivid image of past

By Katie Franklin
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freelanced for to republish those articles as a book," he said. "It was my first book, a tourism guide to Somerset County."

Rhodes said the next year, he began writing historical articles for the newspaper in Crisfield, his hometown.

"I did weekly historical articles; anything from what the price of eggs was in 1933 to when this historical building got built, or when that event happened or whatever and they became pretty popular," Rhodes said.

Rhodes said choosing photos was mostly a process of realizing the rarity and seeing what was repetitive. He said because he is from the Eastern Shore, he was more aware of what the landmarks were, such as Johnny's and Sammy's restaurant, and he thought people would want to see places like those.

"My favorite picture was the one of Holloway Hall because it's of our school and I think it's cool to see what it looked like back then," said freshman Jordyn Lang.

"This book was fun to put together. I'm hoping that a lot of people will enjoy it," Rhodes said.

The Arcadia Publishing Company has approached Rhodes about doing a similar book on Somerset County.

Rhodes said there are pictures in the book from as early as the 1850s.

From the Photo Bank:

What's Happening On Campus



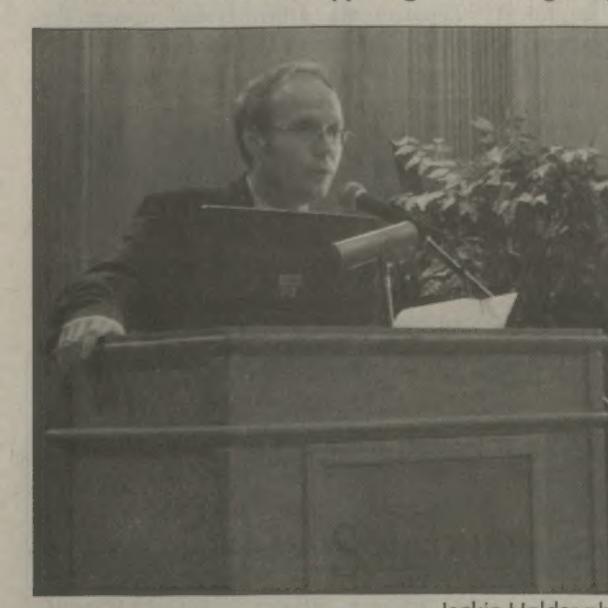
Erin Corcoran photo

In an event hosted by SOAP, students hide behind obstacles and protect themselves from the opposing team during Bongo Ball Feb. 15.



Photo submitted by Dani Hart

After a week of formal recruitment events, new members of Delta Gamma, Phi Mu, Alpha Sigma Tau and Zeta Tau Alpha get together for a photo on Bid Day, Feb. 15.



Jackie Holder photo

Dr. Joerg Tuske, associate professor of philosophy, discusses "Mysticism and Rationality in Indian Philosophy" Feb. 15.



Justin Odenthal photo

Student Juan Castrence buys a cookie from Atheist Club member Carolyn Zimmerman at the Anti-Valentine's Day Bake Sale on Feb. 14.



Patrick Hackley photo

Lindsay Logan and Ariel Bilyeu Philosophical Society participate in Third Friday in downtown Salisbury on Feb. 18.

ROTC prepares students for future

By Kristina Jackereas
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When it comes to opportunities, the ROTC program distinguishes itself from other employers: students within the Reserve Officers Training Program are given jobs as soon as they're finished school. The ROTC program offers commission as a second lieutenant in the Army to students post-college graduation.

"The program trains our future leaders of our armed forces," said Kristopher Mall, National Guard unit of Nanticoke, Pa. "I have always felt compelled to serve and I wanted the chance to be on the ground and actually be in combat and I felt the Army gave me the best chance to do that."

ROTC cadet Stephanie Teng, a pre-nursing freshman at Salisbury, said the ROTC gives

her motivation.

"The ROTC has given me the motivation to do better in school. I've learned great time-management skills and have received more benefits," she said.

Senior cadet and respiratory therapy major David Tobin also said he enjoys life in the ROTC.

"This is the best decision I've ever made; it gives me self-discipline and I can use my job in the military and utilize it for graduate school."

From February 17 to 18, ROTC cadets endured intense swimming exercises, practiced their shooting skills, and even participated in a seven-mile march around Salisbury.

They competed for The German Proficiency Badge, which recognizes them for their hard work. All of Salisbury's participants earned either the gold or silver badges.

"Outside of The German Proficiency

Badge competition, cadets participate in Combat Water Survival Training, and Field Training exercises in the spring and fall," Mall said.

He also said that every cadet in the nation goes to the Leadership Development Assessment Course between their junior and senior year and are rated based on their performance.

"As cadets, the students are part of the Army ROTC program until they are able to go into the Army Reserve, National Guard or Active Duty," he said.

Mall talked about ROTC's benefits.

"There is no other program that offers the opportunities and exciting training than the ROTC," he said.

The ROTC program offers opportunities to students with a variety of interests.

"There are roughly 16 different branches that a cadet can commission into from the Infantry to Medical Services," Mall said. "We have

roughly 30 cadets here in Salisbury; however we are an attachment of the Fighting Blue Hen Battalion out of the University of Delaware."

Jeff Timmick, a 2010 graduate of the University of Delaware and second lieutenant, looks forward to his future in the Army.

"Getting through the ROTC and working hard was most of the battle," he said. "It's reassuring to think that I don't have to go out and look for a job; I already have one."

Army Sergeant Genalsen, a professor of military science at Delaware said it is great to see the cadets learning leadership skills.

"I train soldiers and see them gradually turn into leaders. The program is interesting because these cadets will be my bosses some day," he said.

"The ROTC program offers opportunities to students with a variety of interests.

"There are roughly 16 different branches that a cadet can commission into from the Infantry to Medical Services," Mall said. "We have

Gallagher and Reed, between the lines

By Alexis Johnson
Staff Writer
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Many girls have a depleted sense of self-worth, and they put up being treated like sex objects because that's what they know, said SU student Sam Gallagher, 20.

"I want to respect their feelings and make sure I don't give anyone the wrong impression," Gallagher said.

He also said that it's easier to be more open and more real with a girl when he knows for sure that it's a friendship and everything else is off the table.

Regardless of motives, he said that the friend should still be treated like a girl.

When searching for a girl, Reed said he seeks similar passions, someone who is caring and some-

one who makes him feel important and loved.

He said he wants he and the girl to be able to relate to each other. Ultimately Gallagher said he wants the girl he ends up with to be his best friend.

Gallagher said he doesn't want to come across like he's trying to get to know a girl just so he can date her.

Reed said making intentions known from the start is best.

"If there are intentions other than being just friends, you should be honest," he said.

Reed and Gallagher said they have this to say to the girls on campus: "You're beautiful."



Lexi Johnson photo
Students Sam Gallagher and Jeremy Reed share their views on relationships.

Under the microscope

Profile: seniors receive grants to present research

By Steven Graves
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Three of Salisbury University's seniors have been given the opportunity to present research to 13,000 scientists and professors in Washington, D.C. this spring. The three students were given grants by the American Society for Biochemistry and Molecular Biology.

The students will present research at the organization's annual meeting, which will take place on April 9 through 13. They will present to a powerhouse audience of nearly 13,000 scientists, including students from Virginia Tech and Cornell and Tulane Universities.

Each student will present their own type of research at the conference.



Allison Ose and Sabrina Kuncic

Senior biology major Sabrina Kuncic will present research that she conducted on Chinook salmon. She studied the cell membranes of the salmon to see if the lipid composition would change in conjunction with the change in temperature. Kuncic recently went to Northern Iceland to expand her research.

"I had fun. It was the first trip to Iceland that SU took and I met a lot of people and was exposed to new resources and labs," she said.

Alison Ose is presenting chemical research. She has been working with Dr. Chasta Parker of the Chemistry department for added assistance. Ose has taken the chemical adiponectin and mutated its receptor and put it into cells to see where it binds with other cells.

"If we can figure out where the cells bind, it can lead to new drug research for obesity and its diseases," Ose said.

Dr. Chasta Parker also explains the methods of Ose's research.

"Allison is using a process called overlap extension PCR in which you can take small amounts of DNA and through a series of reactions be able to amplify that DNA so you have a lot of it," she said.

Parker also said that Ose has been working on this for a while and she is just now getting ready into the research.

Matthew Copeland will con-

clude the presentation with a research.

Copeland is working with cancer cells and finding the biochemical process of how adiponectin works to stop the growth of cancer.

He also did full-time research with Dr. Parker over the summer to help prepare for the presentation. Henson Dean Dr. Karen Olmstead described the importance of research for all students in the sciences.

"It is critical for students to do research so that they can apply what they learn," she said.

Olmstead also said presenting at a national venue has many advantages.

"It's a tremendous confidence builder for students and it's a great opportunity to meet graduate professors," Olmstead said.

Kuncic is no stranger to presenting research.

Living to eat

Someone who lives to eat primarily eats for taste and pleasure.

While some healthy foods can be made quite appealing and tasty, the majority of calories consumed by a person who lives to eat are of temptation.

There is no structure to the daily eating approach, and the body becomes vulnerable to environmental stresses due to the absence of real, nutrient and antioxidant-dense food.

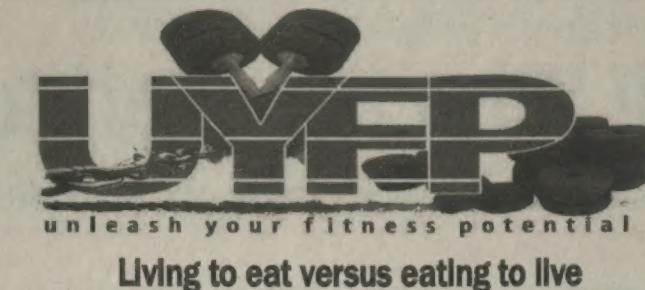
More specifically, someone who lives to eat thinks of cravings – refined and artificial foods that satisfy an individual only temporarily – before short-term cravings.

As a result, when this person gets off track with their nutrition, they are more disciplined to shift their body back into the momentum required for daily activities.

Eating to live is obviously the preferred eating style for getting the most out of your day.

For a more elaborate template on eating to live consistently, please check out this post on my website for a recipe. So, how do you approach your daily eating habits? Let me know in the comments!

I'm a certified trainer. So if you have any questions about training or nutrition, feel free to e-mail me at eb55419@gulls.salisbury.edu. For those who are more serious, specify that in your e-mail, and I will be more than happy to consult with you. You may also visit www.unleashyourfitnesspotential.com to stay up-to-date with my column posts.



Living to eat versus eating to live

By Eric Buratty
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focus back to performing at an optimal level both mentally and physically.

Eating to live

A person who eats to live understands that the human body endures various environmental stresses that it must adapt to in order to survive. In other words, food is viewed as a requirement to meet the physical demands that are placed on the body.

Eating to food for health benefits rather than out of temptation is made a priority, and frequent structured feedings of nutrient or antioxidant-dense food becomes an everyday habit.

More specifically, someone who eats to live sees protein (lean, animal sources) and veggies – foods that satisfy an individual longer, yielding health and longevity – before short-term cravings.

As a result, when this person gets off track with their nutrition, they are more disciplined to shift their body back into the momentum required for daily activities.

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QUOTATION INSPIRATION

By Jonas M. Gottlieb
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vironment. With competition comes one person trying to intimidate another from possibly prevailing.

It's say but true to know that it is human instinct to want the upper hand on another in most presented situations. For instance, when one of us is insulted, it is natural to respond back with an insult as part of our defense mechanism. This can be classified as an argument. An argument is just another difficulty that is unnecessary in our everyday lives. Rather, let that person be burdened with pessimism. Contrary to a negative underlining individual's mindset, you should obtain a positive optimistic one.

These actions are initiated by our thoughts as well as our overall mindset, which ultimately represents our true character. The qualities of character which contribute to our mindset are what open, and sadly, close opportunities in life.

Mindset is the force behind our actions to gain desires. The reason for this would be that life, and drive for success within it, is all personally created by each individual's views of what is possible.

So often, people all over are told that a certain goal of theirs is not doable or achievable. There are always skeptics due to the fact that the majority of the world is set up to be a competitive en-

Give Peace (Corps) a chance

By Bianca Makle
Staff Writer
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Since 1961, the Peace Corps has been sending volunteers to 77 countries in Africa, Asia, the Caribbean, Central and South America, Europe and the Middle East. During these service trips, volunteers not only work and learn, but they also live in their assigned service areas and become part of the community. Volunteers receive a firsthand look into what it is like to live in these areas and work very hard to improve it.

Each volunteer is assigned a project that they work on with the community for two years during their stay. Volunteers assist in the areas of education, youth and community development, health, business and information and communications technology, agriculture, and environment.

The reason I give this advice is due to the positive end result that could occur if you are relentless and pursue your goals. Even if something seems like a far cry, it is important to know that you are probably viewing it in such a fashion because of the imposed lack of self-confidence which exudes from many average negative people.

If one is able to envision accomplishment, then he or she will realize that it is an opportunity to make someone an optimist who once was a difficult pessimist.

With that, you may gain possessions as well as the intangible piece of mind knowing optimism was spread.

made me aware of a lot of the social inequalities in the world," he said. "I wanted to do something that I thought worked and I didn't want to do volunteering four to eight hours on a Saturday morning. So the Peace Corps was going to allow me to do all these things."

Beach helped with many different things in Mali during his service trip. These included helping to improve water sanitation, assisting midwives by weighing babies at doctors' offices, building septic tanks and acquiring better water sources. He also established women's groups and taught those groups how to process Shea nut oil, which is used in many cosmetics.

An application process is required to become a volunteer, which starts with filling out an online application. This includes two essays, a resume, employment history, volunteer history and a lengthy medical questionnaire.

This process on average, takes nine to twelve months to complete and once it is finished, applicants are then contacted for an interview. If an applicant is considered qualified to serve in the Peace Corps, they are then nominated.

Beach was once a volunteer himself in Mali.

When a person is nominated to volunteer, a spot is created for

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 a.m. - 1 p.m.: Bethany Kilmon	2-4 p.m.: Corey Szajner 5-7 p.m.: Lorrie Liebig and Stephen Waldron	Noon-1 p.m.: James Watson 7-8 p.m.: Tom Parrish and Chris	3-4 p.m.: Erin Cherniak 4-6 p.m.: Bella Coker and Amber Clark	2-3 p.m.: Jeremy Dow 3-5 p.m.: Chelsea Kucera and Tasha Totaram	6-7 p.m.: Kevin Zelaya and Ben Short 7-9 p.m.: Jonas Gottlieb	
1-3 p.m.: Jared Kraus	8-9 p.m.: Zach Heeter	8-10 p.m.: Kenny Sikora and Karl-Eric Lerebours	8-10 p.m.: Leslie Davis and Christina Berke	8-10 p.m.: Leslie Roane		
3-5 p.m.: James Townsend	9-10 p.m.: Steven Hall and Colby	8-10 p.m.: Olympia Sanders and Marie Fountain				

SPORTS

Volume 38 Issue 16

Baseball shut out in home opener

By Corey Szajner
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Junior catcher Tyler Bennett attempts to tag out his Cortland State opponent during SU's home opener. The Sea Gulls fell 3-0.

On their first home game of the season, the No. 21-ranked Salisbury University baseball team (0-2) was shut out by the visiting No. 2-ranked Cortland State 3-0. With the loss, the Sea Gulls fell to 0-2 on the season while the Red Dragons picked up their first win, improving their record to 1-3.

Despite a well-pitched game from seniors Kyle Judson and Chris Greiner, Salisbury could only generate four hits on the afternoon and the Gulls were unable to score any runs.

Salisbury started the first inning off with hits from junior catcher Tyler Bennett and senior designated hitter Devon Quaglietta, but both runners were left stranded on base. SU went hitless until the seventh inning, when Quaglietta had his second hit of the game.

Cortland State jumped on top early after RBIs from sophomore shortstop John Adornetto and sophomore right fielder Jeff Wiltz. This occurred in the second inning after Salisbury committed an error with two outs.

Greiner was able to shut the door on the Red Dragons as he pitched five innings in relief, allowing only one hit, struck out five

batters and did not walk any.

"(With) pitching we're solid, but we still need to hit the ball if we want to win more games," Greiner said.

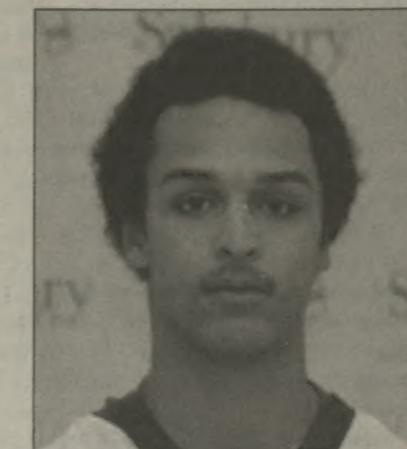
The Gulls struggled offensively but came close to getting on the board a few times late in the game.

However, SU was unable to get hits with runners in scoring position. Their biggest threat came in the bottom of the eighth inning with runners on first and third, an inning which ended in a strikeout.

"We have a long way to go," said head coach Doug Fleetwood. "We pitched well enough to win but we're still struggling at doing

Athlete Spotlight Sam Bradman

By Greg Weston
Staff Writer
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bury because of head coach Jim Berkman's excellent recruiting ability.

"I had a couple of choices for school at first," Bradman said. "One of them even at Syracuse ... but something about SU just felt right. Coach Berkman said that this was the school for me. The connection just felt right."

Bradman also added he was looking forward to joining SU's Physical Education Department.

Another reason why Bradman came was because of the very close relationship between his father and Berkman.

Like Berkman, Bradman's father has also been his coach. Bradman played on a league team with Berkman's nephew, and someone told Berkman, "You gotta take a look at this kid."

Berkman showed Bradman Salisbury, and the rest is history.

Other than lacrosse, Bradman plays video games in his spare time, hangs out with friends, and deems himself a normal college student. The rest of his time is consumed with lacrosse.

Bradman spoke of his coaches and said, "Well, they both have the same philosophies towards lacrosse and are masterminds in their own ways...but my dad only knows my game, Berkman understands every player and every aspect of the game."

Club Ice Hockey takes its 15 wins and slides toward Blue Ridge tournament

By Corey Szajner
Staff Writer
js5889@gulls.salisbury.edu

The Salisbury University club ice hockey team had quite a season as they went 15-8-1 and finished with a No. 11 regional ranking. This is the highest the team has ever finished. They were just one spot out of qualifying for the American Collegiate Hockey Association's Regional Championship, despite being ranked in the top 10 for most of the season.

Regardless, the team will play in the Blue Ridge Hockey Conference tournament Feb. 25 where they will look to capture their first conference title in school history.

"It's been a season of firsts for us," head

coach Ben Hammock said. "When I started coaching here four years ago our goal was to get better every season and we've done that. Winning the conference would be special."

The team is already having their expectations set high for next season, as there are no seniors on the roster. The entire squad will be returning next season including junior team captain and club president Eric Perlowitz.

The Gulls will look to build on this strong season and possibly make the regional tournament next year. They play a very aggressive system where they try to force at least 40 shots on goal per game. This has led to some high scoring affairs this season.

"Things started out well for us this season when we played in the IceWorks tournament in Philadelphia and dominated from start to finish," Hammock said.

The University's hockey team is relatively unknown around campus because it is not an official school sport due to budgeting issues. The team plays their games about an hour away in Harrington, Del.

Hockey is an expensive sport to budget for when it comes to funding player equipment, practicing every day and constructing an ice rink.

"If we did have a rink on campus, I have no doubt that it would be packed for every game," Hammock said.

The team also travels a lot as their road games this year have included tournaments in Pennsylvania and New Jersey. At home the Gulls have

Fernando Guerrero brings Salisbury pride

Boxer's record now 21-0

By Danny Duranko
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Blue chip boxing prospect and Salisbury local Fernando Guerrero improved to 21-0 with a win over Derrick "Superman" Findley Feb. 18 at the Wicomico Youth and Civic Center. The ESPN Friday Night Fight was the first ever boxing telecast in 3-D.

"ESPN could've shown a fight in 3-D before, but they wanted to wait for Fernando and specifically the atmosphere at the Civic Center," said Hal Chernoff, Guerrero's manager.

In control from the fight's first moments, Guerrero won a unanimous decision and nearly shut out his opponent.

Chernoff said that he was very proud that Guerrero remained disciplined, especially when the capacity crowd of over 6,000 fans was frantically chanting his fighter's name.

The manager said he believes that Guerrero is now ready for a major title fight, perhaps on a Pay-Per-View undercard in the near future.

"This may be Fernando's last fight in Salisbury."

Chernoff said, "Most likely we will move on to venues in Atlantic City or Las Vegas."

The prizefighter was a little more hesitant.

"I don't know when but I'd like to fight here again," Guerrero said. "Actually, I've got to. These are my people and this is my home."

Fernando certainly noticed the packed house and specifically all the Salisbury University students in attendance.

"I was pumped to see all the SU students there," Guerrero said. "The college environment is great because people from all over go to SU and then when they go to home they tell their friends about this fighter in Salisbury and it helps me grow."

Fernando said that he doesn't sell tickets as it is a hard thing to do and is appreciative of the fans that came out to support him.

"For all the people of Salisbury and all the students at SU pay to come see me, it's really cool," Guerrero said. "I know there are still some fans here who haven't gotten a chance to see me so I've got to find the right situation to fight here again."

This may be Fernando's last fight in Salisbury."

Soccer star hopes to make it to pros

By Alexis Howard
Sports Editor
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The Salisbury University men's soccer program has a reputation in the world of Division III soccer. SU finished their 2011 campaign with a 12-3-5 overall record and a conference record of 6-2.

In terms of professional soccer, the Gulls have seen team members land with both Major League Soccer and the United Soccer League.

"We have had a number of players who have secured trials with both MLS and USL teams in the past," head coach Gerry DiBartolo said.

Salisbury's own senior defender Justin Lambert did just that as he has trials lined up with professional teams this semester.

Lambert played one year at Wesley College and one at the College of Southern Maryland, where he led the nation in assists (21) and netted 17 goals in a 20-game season.

Lambert joined the Salisbury men's soccer team for the 2009 and 2010 seasons.

"I have been playing soccer since I was four years old for my boys and girls club, but soccer was ever since to me before then," Lambert said. "My mom taught me how to walk by putting a soccer ball in front of me. She was also my coach until I was eight years old."

Lambert has been named to the All-South Atlantic Region first-team by the National Soccer Coaches Association of America. He was also an Eastern College Athletic Conference All-Star, a 2010 NSCAA/Performance Subaru Men's NCAA Division III second-team All-American, and a D3soccer.com third team All-American for his impressive 2010 season.

This was the largest audience to date that Martin performed in front of.

"I'd never been to a boxing match before and I was really into it," Martin said.

"The place was just electric when Fernando came out."

Anyone who wants to see the group's version of the National Anthem can find it on YouTube.

The Silver Spring native took his Spring 2011 semester off from Salisbury to pursue his dreams of playing professional soccer.



Photo Courtesy of Salisbury University Sports Information
Justin Lambert

played the University of Tennessee and Rutgers. Since they are not officially sponsored by SU, they have to find games with whatever school they can. If really helps if they can face a ranked team or even a Division I school. Their last game of the season was at the Naval Academy, a D-I team, and Salisbury won that game 5-0.

"We treat the hockey club here like a varsity sport and the talent level isn't that much of a drop-off when compared to bigger programs," Hammock said.

The BRHC tournament begins Feb. 25 at the LaHaye Center in Lynchburg, Va., where SU will face Catholic University. They have played them twice this year where they won the first game by forfeit and lost the second game in overtime 8-7.

The LaHaye Center in Lynchburg, Va., where SU will face Catholic University. They have played them twice this year where they won the first game by forfeit and lost the second game in overtime 8-7.

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FEBRUARY 22, 2011 THE FLYER

SU Cross Country wins the race both athletically and academically

NEW ORLEANS — Freshman Ryan Jackson and the Salisbury University men's cross country team showed why Salisbury student-athletes excel both in competition and in the classroom this past season. The team collected the Capital Athletic Conference championship for the 10th time while Jackson was the top finisher at the race and advanced all the way to the NCAA Division III Cross Country Championships.

For the USTFCCCA All-Academic Team award, the team must have competed and compiled a team score at an NCAA Regional meet. The team must also have a minimum 3.10 cumulative grade point average.

The Sea Gulls went

above and beyond both numbers, placing eighth out of 47 teams competing at the 2010 NCAA Mideast Regional in November. Salisbury's success extended to the classroom where the team posted a GPA of 3.53. Of the 125 men's teams awarded (167 women's teams also earned All-Academic status), only three finished with a higher GPA than Salisbury.

Three other Capital Athletic Conference teams earned All-Academic status as well: Hood College, St. Mary's (Md.) College and York (Pa.) College.

Salisbury's team GPA was 3.53.

To qualify for the UST-

FCCCA All-Academic Team award, a student-athlete must have compiled a cumulative grade point average of 3.30 or greater through the most recent semester and placed in the top 35 at the NCAA Regional Championships.

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To qualify for the UST-

Junior Glen Charlton led Salisbury with 17 points while senior Chante' McKinney tallied 12. Sophomore Nicole Sisco netted 16 points and pulled down nine rebounds; sophomore Katie McGahan grabbed 13 rebounds and finished with seven points.

Jackson finished 26th at the Mideast Regional, with a time of 26:00.3, and advanced to the NCAA Division III Cross Country Championships. He is the first Salisbury athlete to be named to the team since Travis Boccher in 2008.

The award is just the final step in an outstanding freshman cross country season for Jackson, who became one of the top runners in the CAC and was named the league's Rookie of the Year.

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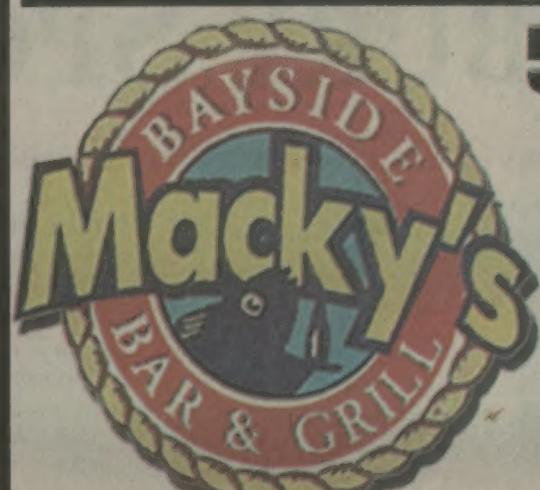
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